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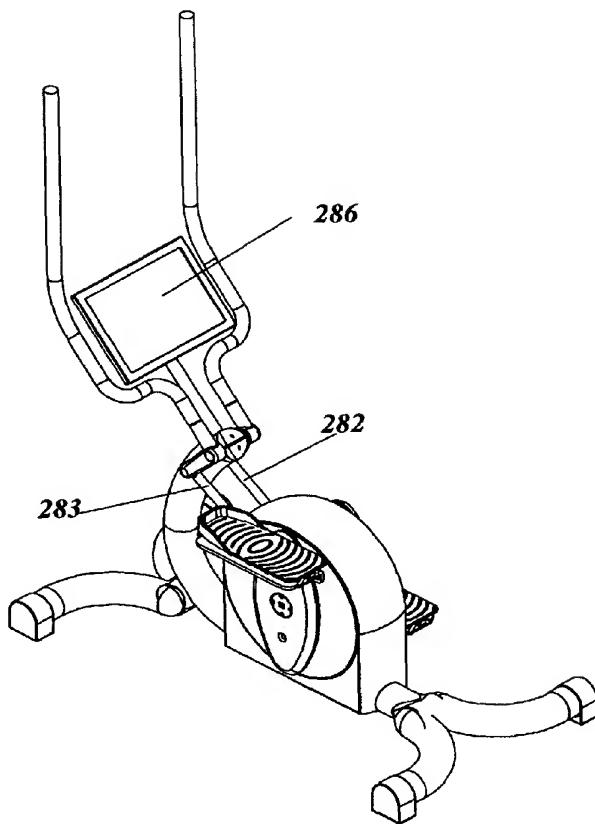
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(54) Title: AN APPARATUS FOR PHYSICAL EXERCISE, AND A CRANK DEVICE AND FOOT SUPPORTING PLATFORMS FOR USE WITH SUCH APPARATUS



(57) Abstract: An apparatus for physical exercise or training and with means which provide for a plurality of different workout options simulating human physical movements, said apparatus having a crank device connectable to foot supports for a user in order to drive the crank device. The apparatus has input, control and adjustment means related to one or more of paths of motion or style of training related to walking, jogging, running, climbing or skiing; stride length, angle of orbital or rectilinear path relative to the horizontal, maintenance of posture of foot support during movement through a path, change of posture of foot support means through movement along the path, level of brake force acting on an apparatus flywheel, personal workout levels, caloric burn rates, heart or pulse rate, physical condition of user. Adjustment is made possible during an ongoing exercise.



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